

Plan B, pregnancy tests, and OTC pain medications; masks; ginger and/or peppermint teas; love notes; journals, writing utensils, blank cards, and/or stickers; coloring books, gel pens, markers, colored pencils, and/or small craft kits; hand sanitizer; underwear in varied sizes; milky oat tincture; epsom salt; snacks; books; COVID tests; lavender (dried or tinctures); condoms for all genders and dental dams; and/or gift cards.

### ***Trees of Life!***

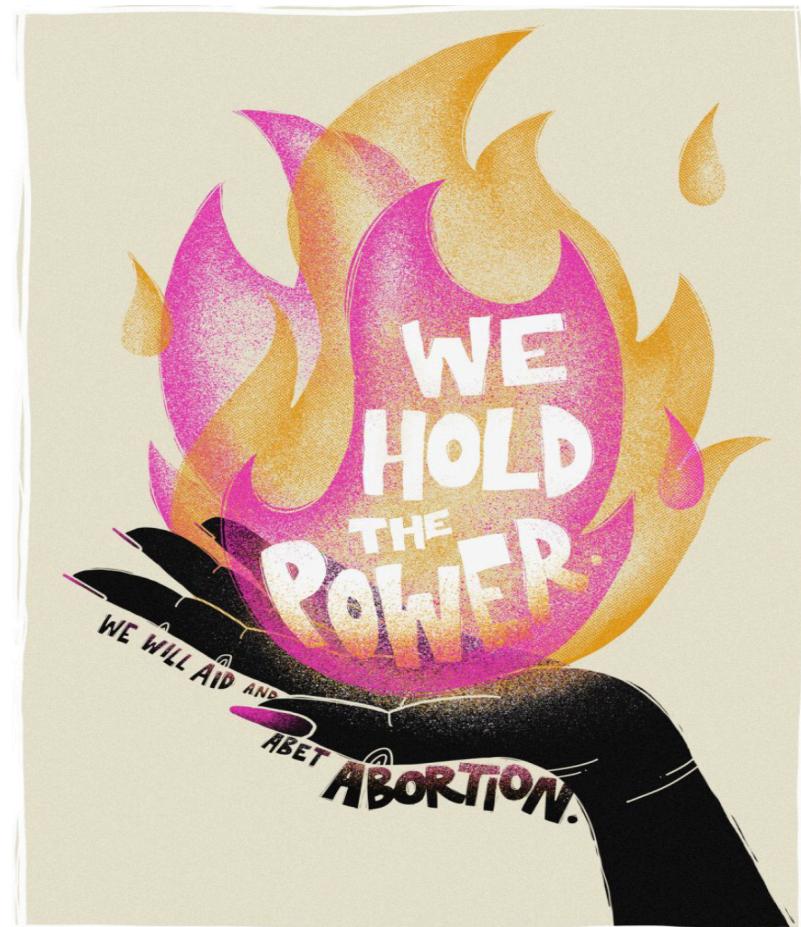
Create, setup, and maintain a Plan B tree in a public space (for example, your local friendly pharmacy, indie/feminist bookstore, library, and/or social center). It's easy: cobble together any sort of treelike structure and then hang Plan B from the branches with tags saying "Take One and/or Leave One" on each Plan B packet. You can also include zines and/or info flyers about Plan B, abortions, and bodily autonomy.

### ***Realize the Impossible!***

There are so many other creative, collectively caring forms of love and solidarity that we can dream up and enact—and humans have done so for thousands of years, long before states and their cops and supreme courts. Think and act for yourself, with others! That can take the form of countless "direct actions," in both sense of the phrase: deciding for ourselves to directly take action against what we oppose in order to end it (aka "liberation from") *and* deciding for ourselves to directly open up space for what we want (aka "freedom to")—as expansive, liberatory, daily practices.

(Zine by the Jewish Anarchist Salon, [ratzonpgh.org/jewish-anarchist-salon](http://ratzonpgh.org/jewish-anarchist-salon), 2022; cover art by Janelle Quibuyen, [janellequibuyen.com](http://janellequibuyen.com))

## **Do-It-Ourselves Bodily Autonomy**



**Collective Care, Solidarity  
(Not States), and Mutual Aid**

## Abortion Funds

*Here are some trusted abortion funds, but you can find many others through these links as well, including ones near to where you live:*

National Network of Abortion Funds: <https://abortionfunds.org/ways-to-give/>

Abortion Care Network: <https://abortioncarenetwork.org/donate/>

Midwest Abortion Access Coalition: <https://www.midwestaccesscoalition.org/>

Access Reproductive Care - Southeast: <https://arc-southeast.org/donate/>

Mississippi Reproductive Freedom Fund: <https://www.msreprofreedomfund.org/>

KeepOurClinics.org: Many clinics in receiving states will be overwhelmed with people needing abortions as access continues to narrow. This is a great place to support the remaining independent abortion clinics that will be increasingly in demand in the months and years to come.

## We Care for Each Other!

Train to be an abortion doula, support or start abortion doula collectives, and/or refer your friends to abortion doulas when needed. No one should have to do or go through an abortion alone. Even if someone decides to take a pill in the privacy of their own space, they still need lots of collective care before, during, and after an abortion. For two examples, including zines and other resources, see DIY Doula (<http://www.diydoula.org/>) and Mountain Area Abortion Doula Collective (<https://mtnabortiondoula.co/about>).

## Rituals Are Rebellious!

Rituals are crucial forms of collective care and indeed community-self defense. Rituals help us to better mourn our losses, better fight for the living, and better celebrate our forms of loving, supporting, and protecting each other. Humans have used communal, self-determined rituals for thousands of years to mark all sorts of life transitions as well as joys and sorrows. Here are some examples of Jewish rituals from RitualWell (<https://ritualwell.org/?s=Abortion+rituals>) as encouragement to create and share your own, including as support for you and your friends as well as during communal gatherings such as protests and direct actions.

## Love Is a Verb!

As a form of mutual aid, create and freely distribute—whether friend-to-friend or neighbor-to-neighbor or through more public-facing spaces—care packages, or what's been called “love offerings passed on to members of our community after their abortions.” These can include heating pads and cold packs; pads, tampons, diva cups, and menstrual products;

demo and give them out by the hundreds, especially to newly politicized folks. Table with them in a park, or leave a batch in your local library, little library boxes, food coop, indie bookstore, community spaces, and so on. You can make your own zines, of course—that's the beauty of the zine format. But you can also find a wonderful assortment in a section called simply “Abortion Zines”—all for free—on Sprout Distro’s website ([www.sproutdistro/2022/06/25/abortion-zines](http://www.sproutdistro/2022/06/25/abortion-zines)), including titles like “Abortion Positive Coloring Book for Hard Times,” “Abortion Is a Form of Birth Control! And Having One Isn’t That Big of a Deal,” “Abortion Pills by Mail,” “DIY Doula Self-Care for Before, During, and After Your Abortion,” “Free to Choose: A Women’s Guide to Reproductive Freedom,” “Jane: Documents from Chicago’s Clandestine Abortion Service,” “The Battle for Abortion and Reproductive Autonomy with Bay Ostrach,” “How to Give Yourself an Abortion,” and “Hot Pantz: DIY Gynecology / Herbal Remedies.”

### ***Art of Resistance!***

You’ll find numerous free, downloadable graphics/artwork via Just Seeds Cooperative’s website ([JustSeeds.org/graphics](http://JustSeeds.org/graphics)) to use for street art, posterizing, wheatpasting, painting banners to carry or drop, turning into stickers or buttons, adding to your own zines, making fundraising merch for trusted abortion funds and indie clinics, and so on. You can also find shareable artwork on some of the sites above, such as SYA. Alternatively, create and share your own artwork, including images that depict other possible worlds.

## **Abortion Info and Care**

*Here are some unbiased, trustworthy sources about abortion as well as finding safe, high-quality abortion care:*

Abortion Care Network: <https://abortioncarenetwork.org> (independent abortion clinics; the largest provider of safe abortion care in the United States)

National Abortion Federation: <https://prochoice.org/>

INeedanA.com: This easy-to-navigate site will point people to abortion options in their state. If people live in a state where abortion is less accessible, the site suggests other other options. (See information in this document about the risks and considerations of nonclinic options.)

*For options and information on de-stigmatizing abortion:*

ShoutYourAbortion.com: Shout Your Abortion (SYA) is about normalizing abortion and elevating safe paths to access, regardless of legality. It makes resources, campaigns, and media intended to aid existing activists, create new ones, and foster collective participation in abortion access across the United States. You can find SYA on IG: @ShoutYourAbortion / Twitter: @ShoutYrAbortion / FB: @ShoutYourAbortionUSA.

For resources on pharmacological (sometimes called medication or pill) abortion, a process in which a pregnant person induces a miscarriage using medications (please see information and considerations listed below):

ShareAbortionPill.Info: This site created by SYA is full of information about abortion pills, where to get information about them, where to get legal help, and other FAQs.

Online Abortion Resource Squad: Online Abortion Resource Squad (OARS) is an online abortion accompaniment collective. Its volunteers ensure that every reddit post asking for abortion-related help gets a quality, accurate, compassionate answer.

AidAccess.org: This site connects people with physicians who prescribe abortion pills, even before someone is pregnant. Pill mailing times vary from state to state. Pills are medically safe and effective for most people, but legal risks may apply depending on who you are and where you live.

MAHotline.org: The Miscarriage and Abortion hotline is a confidential text and phone line staffed by physicians who can securely counsel people through at-home pregnancy terminations/m miscarriages. Help is available in English and Spanish. Text or call 1-833-246-2632, 8 am–11 pm in the continental United States.

PlanCPills.org: IMPORTANT re: at-home abortion: The pharmacological/medication/pill abortion or at-home abortion can be less safe than an in-clinic abortion. If you can get help with funding and transportation (or help someone else get help with transportation and funding) to get to one of the twenty-four states that will preserve access to clinic abortions, this will ensure full informed consent, access to care beyond eight-to-ten weeks of pregnancy if needed, accompaniment by

trained providers who can reassure the person about what to expect as well as how much bleeding and cramping is normal, and verify when the pregnancy is over. At-home/pharmacological abortion typically requires easy access to a toilet, heating pads, and other supplies that might be difficult to access for a person who is unsheltered. Bleeding and cramping from a pharmacological/medication/pill or at-home abortion can also continue for days or weeks, and is unpredictable. It may be hard to predict when the pregnancy will pass. If a person can be supported to get to a clinic for an in-clinic abortion and wishes to do so, ensuring that this is an option is important especially after 8 weeks of pregnancy.

## Legal Defense and Cybersecurity

Repro Legal Defense Fund, <https://reprolegaldefensefund.org/>: The Repro Legal Defense Fund covers bail and funds strong defense for people who are investigated, arrested, or for self-managed abortions.

Digital Defense Fund, <https://digitaldefensefund.org/>: Offering digital security for the abortion access movement, the Digital Defense Fund has resources like artwork and zines on cybersecurity (under its “Learn” tab).

## Educate, Agitate, and Self-Organize!

### ***Words Matter!***

Download, print, and freely distro rad zines related to abortion and bodily autonomy. For instance, take them to a